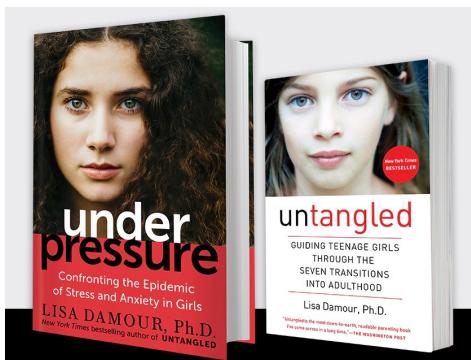


Under Pressure: Confronting the Epidemic of Stress and Anxiety in Tweens and Teens

Featuring the insights of psychologist **LISA DAMOUR, Ph.D.**

- NYT bestselling author of *Under Pressure* (2019) and *Untangled* (2016)
- Regular contributor at CBS News and columnist for *NYT Well Family Section*
- Senior Advisor, Schubert Center for Child Studies, Case Western Reserve Univ.
- Executive Director, Laurel School Center for Research on Girls
- Come connect and learn:
 - ✓ the difference between healthy and unhealthy stress and anxiety
 - ✓ research-based practical solutions to help manage tension, toxic stress, and worries
 - ✓ how to help our sons and daughters build strength and confidence

Thursday, November 14, 2019



**National Presbyterian School
4121 Nebraska Avenue, NW
Washington, DC**

8:30am – 11:00am

8:30am Light Breakfast

9:00am Program

10:30am Book Signing

Under Pressure and *Untangled* will be available for purchase.

Learn more and RSVP at <https://www.parentscouncil.org/event/2019-fall-speaker/>